



Canoe Brook Center

www.branford-ct.gov/senior.htm

11 Cherry Hill Road, Branford, CT 06405-3005

(203)481-3429

Matthew H. Brady, Director

Dagmar Ridgway, Assistant Director

Hours: 9-4 weekdays

Summer! ~ 2006

TRANSPORTATION

MEDICAL TRANSPORTATION is available for medical appointments in Branford, parts of Guilford and the central New Haven area. Call 481-3429 (ext 111) to schedule appointments. Appointment times **must** be between 8:30 a.m. and 1:30 p.m. Due to high volumes of this service a **five** day advance notice of appointments is requested. However, every attempt will be made to accommodate last minute appointments. Concerning information on wheelchair transportation, contact Bil Pinette.

BUS TRANSPORTATION to Canoe Brook Center for activities and hot lunch is available, please call 481-3429 (ext 111) by 9:00 a.m. on the day you would like a ride. Grocery shopping is Tuesday and Friday call by 8:30 a.m. to be added to the list. Transportation is available to hairdressing appointments on Monday, Wednesday & Thursday mornings.

GROCERY SHOPPING is as follows:

Tuesday, 8:30 a.m. Stop and Shop for Stony Creek and Branford.

Tuesday, 12:00 p.m. A&P for Branford, Short Beach & Branford Hills.

Thursday, 8:30 a.m. Walmart, Kohl's or X-pect Discounts.

Friday, 8:30 a.m. Stop and Shop for Stony Creek and Branford.

Friday, 12:00 p.m. A&P for Branford, Short Beach & Branford Hills.

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SERVICES

CURRENT INFORMATION is available on Social Security, Medicare, HMO's, insurance, Medicaid, Food Stamps, tax relief, energy assistance, consumer protection, CONNPACE, and CONNMAP. Home consultations are available. Call Ms. Ridgway (ext 113) for appt
HOUSING Information on senior housing is available, contact Ms. Ridgway (ext 113) for an appointment.

HOT MEALS served Monday through Friday 12 noon at the Center. Call 481-3429 ext (121) for reservations at least one day in advance. (Call before 12:30 the day before you want to come in).

DELIVERED MEALS are available on a short-term basis for those who cannot get out, contact Ms. Ridgway (ext 113) for info.

HEALTH CLINICS are held on Monday mornings by appointment for blood pressure monitoring, diabetic screening, and answers to questions about medications/illnesses are a few of the services provided by private consultation Call Marlowe (ext 110) for appt

LEGAL CONSULTATION with Attorney Steve Errante is available for legal clarification and referral as needed. Contact Marlowe (ext 110) for more information.

HANDYMAN for minor repairs contact Mr. Brady (ext 112) for more information.

EMPLOYMENT & VOLUNTEERING for assistance please contact Mr. Brady (ext 112).

CELL PHONES for emergency use, contact Mr. Brady (ext 112) for more information.

CENTER CLOSINGS

Independence Day ~ Tuesday, July 4

CARDS & GAMES, ETC

DUPLICATE BRIDGE under the guidance of Ann Loftis is held every Friday at 12:30. New players with or without a partner are always welcome.

BRIDGE LESSONS: and supervised play will be on Monday afternoons at 12:30. Beginners are always welcome. Louise Wood is the instructor.

BRIDGE FEES: the cost for bridge is \$12 for six months, which covers March to September

BINGO: is held every Monday at 1:00 p.m. following lunch.

PINOCHLE: players meet each Monday at 10. Instruction and play for beginners Thurs. 1 p.m

CAMERA CLUB meets on Wednesday mornings at 10:00 a.m. New members are always welcome to the meetings that are held Even if you are not a great photographer you might enjoy the conversation or a field trip!

POOL TABLES! Canoe Brook has two regulation size **pool tables** where daily informal games & occasional friendly tournaments are played for fun.

BOCCE our well maintained bocce court located in the front yard of Canoe Brook is available for use.

MAH JONGG

A challenging & exciting Chinese game begins at noon every Thursday. For beginners or experienced players. New players welcome!!

PINOCHLE

Pinochle for beginners meets on Thursdays at 1:00 pm. Contact Matt at 481-3429 ext 112

ACTIVITY FEES DUE

Activity Fees for Bridge, Exercise, Line Dancing, Swimming, Yoga & T'ai Chi were due in March, please check with the office to be sure you are current. The \$12 fee covers from March to September.

PHYSICAL FITNESS

Canoe Brook offers a variety of programs to help you maintain a healthy, fit lifestyle. One \$12 fee payable every 6 months is all it costs. Check it out:

Aerobics with Laura Richling MWF 8 am
Yoga with Julie Smith TuTh 9 & 10 am
Swimming with Kim Healy M-F 7am
Dancing with Gayle Melonsen F 1:30 pm
Tai Chi with Suzanne Hanley Thu 2:30 pm

T'AI CHI, a Chinese exercise originated in the 12th Century, focuses on slow fluid movements, teaches balance with proper breathing & promotes health & well being. Classes will be held 1 day a week on Thurs. 2:30 p.m.

EXERCISE Monday, Wednesday, Friday schedule. Classes are held at 8 a.m. and are an aerobics class designed for seniors

YOGA: Beginner and intermediate yoga classes are offered at Canoe Brook Tues. and Thurs. mornings. Led by certified instructor Julie Smith our classes are designed for seniors to promote healthy aging and increased flexibility. Class size is limited to ensure the needs of all participants are addressed; however class lists are reviewed every 8 weeks to allow those on a waiting list an opportunity to join. Please call Dagmar to sign up.

SWIMMING: Senior Swims will continue all summer long only closing on Tuesday July 4th. Under the supervision of lifeguard Kim Healy free swims (no formal instruction) are held daily 7:10 a.m.- 8:50 am Monday -Friday.

LINE DANCING with **Gayle Melonson** who teaches line dancing at *the Cadillac Ranch in Southington*. Gayle teaches country line dancing, oldies & some new dances Fridays at 1:30 p.m.

OVERNIGHT TRIPS TRAVEL UPDATE!

*Contact person for Overnight Trips is
Dagmar Ridgway, Ass't. Director
(203) 481-3429 ext 113*

We are off to the White Mountain Inn, in North Conway June 20-23, for 4 days of fun in New Hampshire in Maine. For anyone who loves to travel at the last minute, why not pack a bag and join us?

If you are looking for a fall getaway come along to **Las Vegas, October 17-21**. People watchers, nature lovers, and slot players all love Las Vegas, there truly is something for everyone in the city that never sleeps! As we go to press we have 9 seats left ---detailed itineraries and sign up info are available outside Marlowe's office; contact Dagmar if you would like to experience all this diverse destination offers.

As it heats up outside it is hard to imagine that next winter you will be longing for the warmth of summer Dagmar is currently planning our 2007 travel season which will include a warm weather destination in January/February 2007. As soon as plans are completed a full schedule and details will be sent out in a special travel newsletter to be mailed in August.

DAY TRIPS

*Contact Person for Day Trips is:
Charlotte Craig, Day Trip Coordinator
(203)481-3429 ext 115
Registration form on pg. 4*

LOBSTERFEST: at the Log Cabin with its spectacular view of Massachusetts's Easthampton Valley also serves up some great entertainment. The Caribbean Eagles with steel drums and beach party music will recreate the favorites of Jimmy Buffet, the Beach Boys and Harry Belafonte. In addition to the Boiled Lobster the menu will offer Clam Chowder, Barbecued Ribs & Chicken.

*Tues., Aug. 1 depart 10:00 am, return 5:00
Cost \$66.00 - Balance Due by: 7/18*

ROCKINGHAM RACE TRACK a small New England Track in Salem, New Hampshire, provides quaint up-close comfort for enjoying an exciting afternoon of harness racing. The Belmont Deli Buffet overlooking the finish line serves a full salad and soup bar and entrees of Beef, Scrod and Chicken.

*Wed., Aug. 16 departs 8 a.m., returns 9 p.m
Cost \$57.00 - Balance Due 8/1*

THE PILOT PEN in New Haven on Center court you'll see the power, grace and glamour of professional quarterfinal tennis. The top players committed so far are James Blake & Lindsay Davenport. Lunch on your own.

*Thurs., Aug. 24 departs 11:30, return match end
Cost \$25 - Bal.Due 8/1*

A tour of **THE WALDORF-ASTORIA**, New York's most famous landmark hotel, includes, depending on availability, the plaza, lobby, Presidential Suite, Kitchen, the Royal Suite, Peacock Alley and the Grand Ballroom. A fabulous buffet luncheon at Waldorf's renowned "Oscar's American Brassiere." Two tours one NBC Studio's behind the scenes functioning and the other a mid-town Manhattan driving through with commentary will be our New York experience.

*Tues, Sept. 12 depart 8:00, returns 6:00
Cost \$95.00 - Balance Due by 8/15
\$25 DEPOSIT DUE NOW!*

PIPPIN the Tony-Award winning musical is the mischievous magical humorous & captivating story of Charlemagne's son. East Haddam's Goodspeed Opera presents this dazzling & imaginative show with the songs "Magic to do" & "Corner of the Sky". A luncheon at the Griswold Inn includes a choice of Roast Pork Loin or Top Sirloin of Beef.

*Wed. Sept. 20 depart 10:30 a.m, returns 5:00
Cost \$94 - Balance Due by 8/15
\$25 DEPOSIT DUE NOW!*

******Daytrips continued on next page!!*

THE BERKSHIRE FALL FOLIAGE

FESTIVAL opens with a ride along the Mohawk Trail to the Williams Inn in Williamstown MA where a fabulous gourmet buffet lunch will be served followed by the "One Man Oktoberfest" the Berkshire's favorite entertainer. Then a visit to the Apple Barn's orchard & store will launch us onto the Molly Stark Trail which crosses southern Vermont.

*Wed. Oct. 4 depart 8:00 a.m, returns 7:30
Cost \$88- Balance Due by 9/4*

FROM GOSPEL TO GERSHWIN words and music that touch the heart and tickle the funny bone, features Broadway stars Nora Cole from "On the Town" and Roumel Reux from "Porgy and Bess". A choice of entrees served at the Groton Inn & Suites is Prime Rib, Stuffed Breast of Chicken or Stuffed Filet of Sole.

*Wed. Oct. 11 depart 10:30 a.m, returns 4:30
Cost \$58- Balance Due by 9/20
\$25 DEPOSIT DUE NOW!*

NYC RADIO CITY MUSIC SPECTACULAR

is America's most beloved holiday theatrical. The Living Nativity and the world famous Rockettes with their eye-high kicks and show-stopping rendition of the Wooden Soldiers are timeless. Before the 2:00 show lunch will be served family style at the China Regency Restaurant. To secure a discounted ticket, a deposit of \$40 is required by July 1st.

*Thurs. Nov. 16 depart 8:30 a.m, returns 7 p.m
Cost \$80 - Balance Due by 10/26
\$40 DEPOSIT DUE NOW!*

CREATIVE CRAFTS

Cool (we are air-conditioned), casual, & talented...this gang knows how to have fun! Tuesday's at 12:30 p.m. Richard Battick has the kilns fired up for ceramics; Thursday mornings at 9:30 a.m. the sewing (machine) group and knitters & crocheters meets in the Montowese Room. A small group of quilters under the

direction of Pat Brady have almost completed a beautiful quilt to be raffled off in the fall. There is no formal instruction, but a wealth of knowledge is shared amongst the members. Why not join them?

ART CLASSES

Thurs. 1:00 - 2:30! **Local Artist Maureen Wilkinson** shares her expertise, guiding you as you discover talents you never knew you had.

AARP DEFENSIVE DRIVING

The next **DAYTIME** 55 Alive Class being offered is August 22 & 23 (Tues. & Wed.) 8:30 a.m. to 12:30 p.m. You must attend **BOTH** days. **Pre-registration and Pre-payment is required. This course fills up very fast, call early!** Contact Marlowe for availability.

IDENTITY THEFT PROTECTION

In this age of technology every one of us is vulnerable to having our personal information stolen as many Veterans and active military personnel have recently discovered. While we do not have control over the actions of others we entrust our private information to, there are some very simple precautions you can take to protect yourself. Learn what you can do to prevent this type of crime and how to proceed should you discover you have unknowingly become a victim of identity theft! Mark your calendar and plan to join us **Monday, July 17th at 10:00am** when Trooper Bill Tate of the State of Connecticut Public Safety Office teams up with Dagmar for this must attend seminar. Please call Dagmar at 481-3429 ext 113 to sign up.

Please Note: Canoe Brook takes strict precautions to insure your identity and private information remains private. Rest assured we will never disclose any information about you to anyone without your written consent.

COMPULAB CLASSES

Contact Person for Compulab is:
Marlowe Ioime 481-3429 ext 110
Registration is required

SUBJECTS IN SEQUENCE

Basic Introductory Tues. & Wed..

10:00 – 12:00 n July 11, 12, 18 & 19 \$12.00

Our basic introductory computer class stresses the fundamentals of opening, closing and operating Microsoft programs, use of the mouse and writing text.

Internet Basics Tues. & Wed.

2:30 – 4:30 Jul 25 & 26 \$6.00

Explore the internet and conduct a search.

Email Basics Tues. & Wed.

2:30 – 4:30 Aug 1 & 2 \$6.00

Read, Write & Send Email

Lab Coach

Anyone having a particular question about his or her computer may call and make an appointment to meet at our lab with one of our class instructors for an individual consultation.

The Following courses will be offered during the summer by appointment

Word Fundamentals \$12.00

In four classes is designed for those who want to take full advantage of word processing. Covered are writing, saving, printing margins, highlighting, bolding, underlining and copying, etc.

Computer Care \$6.00

In two classes Stresses keeping your computer clean of ads and pop-ups, use of virus protection backing up and customizing your computer.

Intermediate Net \$6.00

In two classes involves copying a text or picture from email or the internet and saving it to a file or send via email to others.

Digital Camera FREE

Is available free on Wednesdays by appointment. Basic use of a camera, uploading & printing.

Excel Workshop \$12.00

Is a marvel for calculating figures & keeping financial records. Exploring the anatomy of a spreadsheet, formulas, editing & balancing a checkbook gives a basic foundation for utilizing this wonderful organizational tool.

COMPULAB 'FREE TIME'

Canoe Brooks' lab is free for personal use most days from 9 to 5 m-f (except when classes are scheduled...see schedule) The lab has 10 computers w/ printers & DSL Internet

FREE CHAIR MASSAGES!

Branford Hall Career Institute's massage therapy students are back! After having completed a year long curriculum & needing clinical hours to gain their state certification we have provided an inviting environment for the students to practice under the guidance of their clinical supervisor. Magically they transform one of our rooms into a professional area, complete w/ soothing music. The lucky participants are fully clothed; sit in a special chair, & given a wonderful 20 minute neck, shoulder, and back massage. There is no charge, but appointments are required. Call Dagmar at ext 113 to schedule an appointment.

REGIONAL RIDES

Regional Rides transportation managed by the Greater New Haven Transit District with MY RIDE busses as of July 1st will be available for Branford residents over 60 years of age. Service times are 7 a.m. to 8 p.m. Mon. through Fri. and 8 a.m. to 5 p.m. Sat. and Sun. Fares will be \$2.50 each way. Reservations can be made up to 7 days but at least 1 day before a requested trip. Trips can be made within the participating 11 towns: Guilford, Branford, East Haven, New Haven, Hamden, West Haven, North Branford, North Haven, Wallingford & Woodbridge. Linda Kissel from MY RIDE will begin taking applications at Canoe Brook on Wed June 21st from 10 to noon. The applications for a MY RIDE ID Card require proof of age and residency.

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TRIP REGISTRATION

Instructions for Signing Up...Please Read Carefully!

1. Registration is by MAIL ONLY. NO PAYMENTS WILL BE ACCEPTED AT THE DESK UNTIL 7/11. To secure reservations for a trip, MAIL IN YOUR APPLICATION PROMPTLY! Seats are reserved on a first come, first served basis IN THE ORDER RECEIVED FROM THE POST OFFICE!
2. A five dollar (\$5) deposit PER TRIP & PER PERSON (unless otherwise noted!) will secure your reservation. If you are unable to send a check, mail in your COMPLETED form indicating the choice of your trips and pay deposits by 7/11
3. GUESTS can be registered for trips beginning 7/11 contact Charlotte then.
4. FINAL PAYMENT is due as noted on the trip descriptions
5. People will be grouped together on busses & theaters as they indicate to Charlotte
6. For SPECIAL SEATING REQUIREMENTS see Charlotte when making final payment.
7. CANCELLATIONS: Refunds will be made at OUR discretion depending on whether or not we are responsible for admissions, meals, tickets, etc.
8. OVERNIGHT TRIPS: For info. On overnight trips/payments, contact Dagmar Ridgway.

Make Checks Payable to the Branford Elderly Commission.

MAIL THE ENTIRE COMPLETED APPLICATION (BELOW) PLEASE to Canoe Brook Center.

ATTENTION: A \$5 deposit required (per trip/per person) UNLESS otherwise noted in trip description!

Check the trip description for the balance due date.

TRIP APPLICATION Please complete and mail this portion of the application...thank you!

YOUR NAME: _____ **YOUR PHONE:** _____

LOBSTERFEST.....\$66.00 ☐ \$_____

ROCKINGHAM RACE TRACK\$57.00 ☐ \$_____

PILOT PEN\$25.00 ☐ \$_____

WALDORF-ASTORIA\$95.00 ☐ \$25 DEPOSIT DUE NOW \$_____

PIPPIN () beef () pork\$94.00 ☐ \$25 DEPOSIT DUE NOW \$_____

BERKSHIRE FALL FOLIAGE.....\$88.00 ☐ \$_____

GOSPEL TO GERSHWIN() beef () chicken () fish..\$58.00 ☐ \$25 DEPOSIT DUE NOW \$_____

RADIO CITY CHRISTMAS SPEC.....\$80.00 ☐ \$40 DEPOSIT DUE NOW \$_____

**A NOTE FROM MATT BRADY
CONCERNING HIS RETIRMENT
JULY 14, 2006**

To be with my family, my support for the 32 years I have been with Canoe Brook, is my motive for retiring. I have enjoyed working with the wonderful and supportive Branford community and received much pleasure and fulfillment participating in the development of the diverse activities and services that mean so much to so many. Most of all though; I am grateful to all my fellow workers and volunteers who contribute to the warm spirit and success of Canoe Brook.

The Branford Elderly Commission

cordially invites you

to join us as we honor

Matthew H. Brady

on the occasion of his retirement
after 32 years of dedicated service
to the citizens of Branford

Horsd'oeuvres & refreshments

3 p.m. - 6 p.m.

Wednesday, July 26

Canoe Brook Center

(Transportation available)

RSVP by July 12

481-3429 ext 111

CANOE BROOK CENTER

**11 Cherry Hill Road
Branford, CT 06405-3005**

NON-PROFIT ORGANIZATION

PERMIT #70

US POSTAGE PAID

Addressee

ADDRESS SERVICE REQUESTED

NEW PERSPECTIVES

~Pre Registration is required on all New Perspectives~

A series of local cultural events requires reservations by phone. Transportation will be provided by Canoe Brook Center for the New Haven events. To Register call Marlowe at 481-3429 ext 110

FIONA AND MERAV Fiona Wood, violin and Merav Stern, cello both students developing their exceptional talents, Fiona with Yale violin professor, Kyung Yu, and Merav with Antonio Inniamo have won many awards and played together for two years and will offer a classical program with our Laura Richling as piano accompanist

Wed. Aug. 16, 2pm at Canoe Brook Cost \$3.00

SOLDIERS SONGS of WWI, WWII and Vietnam are sung and played by a former paratrooper and Green Beret; Michael McCann. His powerful stories and commentary place the songs in their historical context and along with his exhibit of authentic uniforms, dog tags, photos, paintings and colorful, original sheet music and the Official Army Songbook of WWI create a touching experience.

Wed, Aug. 23, 2 pm at Canoe Brook Cost \$3.00

THE CRACK FREE HANDYMAN presented by Cornerstone Productions in the tradition of Art Carney and Jackie Gleason is a fast paced show that is filled with songs, dance routines, hilarious jokes and audience participation.

Thurs., Aug 31, 2pm at Canoe Brook Cost:free

WILLIAM SHAKESPEARE'S portrait and five other portraits purporting to represent him are on loan from the National Portrait Gallery in London to the Yale Center for British Art in New Haven. The exhibition places Shakespeare in the context of the Elizabethan stage through to display of contemporary works of art, historical artifacts and 16th and 17th century costumes. Docent is included.

*Wed., Sept.6 departs 12:30 returns 3:00 pm
Cost \$3.00*

BRIAN GILLIE sings and plays the piano with a hearty sense of mischief and is comfortable with ragtime, swing blues rock and Broadway. From "Oh what a Beautiful Morning" to "Boogie Woogie" and from "You're a Grand Old Flag" to "Jailhouse Rock" Brian will offer his panorama of popular songs.

Wed. Sept. 13, 2pm at Canoe Brook Cost \$3.00

VERENA SENNEKAMP a Yale School of Music gifted and promising Cellist is touring Canada and Germany this summer. At Canoe Brook with her piano accompanist Verena will play sonatas by Beethoven, Shostakovich, Brahms, and Fantasy pieces by Schumann.

Wed. Sept 27, 2pm at Canoe Brook Cost \$3.00